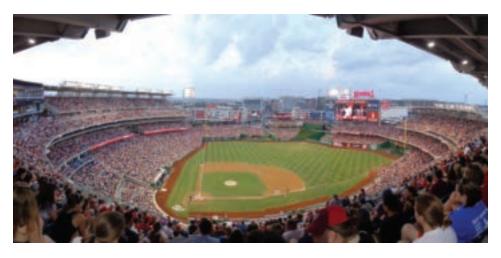


John Eaton Concert page 2



Root, root, root for the home team!

Enjoy an afternoon at the ballpark on **Saturday, May 9,** and cheer on the Washington Nationals when they play the Atlanta Braves.

Last year's season ended in disappointment when the Nats lost the Division Series for the second time in a row. But with the signing of Cy Young Award winner Max Scherzer, moving Zim to first base and Rendon to third, expecting Harper to stay healthy, and having an awesome starting rotation, this year's team is the best in the league!

We will leave the Village Center at 2:45 p.m. The cost of the trip, which includes a seat in Section 135 (closest area to the field), transportation and driver gratuity, is \$77. Residents may sign up immediately; nonresidents may sign up March 14. There are 24 spaces available. Bring the whole family!

An Irish tea, music and dance

Celebrate St. Patrick's Day belatedly on **Friday, March 20, at 2 p.m.,** with a lovely program titled "Tales of Tir Na Nog" and performed by Anna Hudson. Afterward stay for Irish tea and cookies and a short participatory modern dance workshop with Anna. No dance experience (or payment) is necessary, but comfortable shoes are!

Anna will tell stories of ancient Ireland in dance and poetry. She has danced professionally with The National Dance Theater of Ireland as well as The Martha Graham Dance Troupe, The Netherlands Dance Theater at The Hague, and as a chorus dancer on Broadway in *Pippin*, *Chicago and Cats*. She was last at the Village Center in October performing "Tales of a Dime-a-Dance Girl." Please RSVP to 301-656-2797.

Managing Parkinson's Disease

Please join us for an informative symposium on managing Parkinson's Disease (PD) on **Saturday, April 11,** beginning at 9:30 a.m., at the Village Center.

Speakers include Dan Gold MD, Kelly Mills MD, and Becky Dunlop RN MS of Johns Hopkins University, as well as the Sibley Center for Rehabilitative Medicine. Dr. Mills, a movement disorder specialist will discuss management of the non-motor features of PD. Dr. Gold, a neuro-opthamologist, will speak on the visual problems associated with PD. Becky Dunlop will discuss creation of a management plan. A therapist from the Sibley Center for Rehabilitative Medicine will discuss a key physical and speech therapy program for PD, the Lee Silverman Big and Loud program.

This program is presented by the Village of Friendship Heights in partnership with Sibley Senior Association, Johns Hopkins Parkinson's Disease and Movement Disorders Center, the Prevention of Blindness Society of Metropolitan Washington and the Beacon Newspapers. Free parking provided

by Courtyard by Marriott (outside deck lot only).

Please let us know you are coming by calling 301-656-2797.



An afternoon of Jazz, Blues and Broadway

Enjoy a concert at the Village Center on **Friday, March 27, at 1 p.m.** when the inimitable John Eaton celebrates the music of George Gershwin, Duke Ellington, Cole Porter, Harold Arlen and other greats.

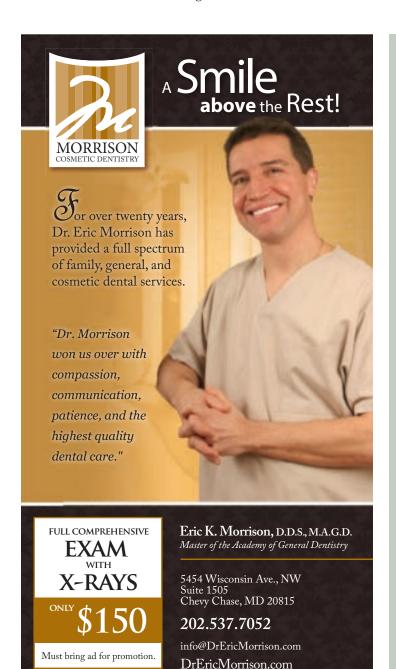
Renowned piano player, vocalist, musicologist, and humorist, John Eaton is Washington D.C. pianist extraordinaire. Mr. Eaton has been performing professionally for more than 30 years from jazz clubs to a command performance in the East Room of the White House and is considered one of the foremost interpreters of American music. For many years he has also taught a popular series of classes titled "American Songwriters" at the Smithsonian,

Wolf Trap and the Friendship Heights Village Center.

After the concert please stay to enjoy refreshments and chat with Mr. Eaton. Please call 301-656-2797 to RSVP.

An artful week for children

Our children's summer art camp, run by curator Millie Shott, takes place **Monday**, **June 22 - Friday**, **June 26**, **from 9:30 a.m. to 1 p.m.** daily at the Village Center. Campers ages 6 - 12 complete a variety of fine arts projects during the week, including painting, pottery, fused glass, photography, origami, Chinese brush painting and more. Children must have completed kindergarten to qualify. The cost is \$250 per child. Sign up immediately at the Village Center. For details, call 301-656-2797.





TO YOUR HEALTH

Vision Support Group: how the iPad can broaden your vision

Take an iPad "test drive" at the Vision Support Lunch and Learn at the Village Center on **Thursday, March 19, at 12:30 p.m.** Learn from Moira Williams, a trusted expert instructor in the field of technology training for individuals

> Dr. Michael Gittleson Podiatrist The Barlow Building

5454 Wisconsin Ave. Suite 1250 Chevy Chase, MD 20815 301-986-4900

Medicine/Foot Surgery Early Morning Hours

with impaired sight and founder of Envision Technology in Bethesda. With low vision apps and accessibility features, seniors with and without vision loss can improve their quality of life. Come and try before you buy!

The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington. You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797.

Stay on your feet!

Balance includes touch, vision, and vestibular sensors, many of which can be examined and treated to reduce symptoms. A physical therapist from Suburban Hospital will keep you on your toes while sharing tips to improve your balance and avoid possible falls at this month's Health Lecture at the Village Center on **Wednesday**, **March 11**, at **1 p.m.** Learn specifics about diagnoses on related injuries and rehabilitation.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.



Avoid Surgery When Treating Hip Pain/Labral Tears

Submitted by Mayo Friedlis, MD StemCell ARTS, an Affiliate of National Spine and Pain Centers

The hip is one of the largest and most critical joints in the body. It is essential to daily function, controlling the ability to walk, run and jump. The hip relies on the labrum (small cartilage on the inside of the hip joint) to provide a cushion between the ball and socket of the ioint. The labrum also helps to control the motion of the hip.

Hip labral tears, a common injury for athletes, occur when there is extreme compression or a twisting/ wrenching motion of the hips. The tear causes pain in the front of the hip, which can radiate down into the thigh or groin area, creating a "pop" or "click" felt on the inside of the hip. Over time, the pain from a labral tear can increase in severity and intensity. Since the hip is a poorly vascularized area, a labral tear often does not heal well on its own. Invasive surgery is typically required and can include tacking, trimming or sewing down the tear.

New Treatment For Labral Tear Without Surgery

In many cases, regenerative treatments can now be used to heal the injury without the risks and protracted recovery associated with surgery. The treatment options available to treat a labral tear are Stem Cell Therapy and SCP (Super Concentrated Platelets,) both of which are part of Regenexx™ protocols. Regenexx, the national leader in regenerative medicine, has the most advanced biologic solutions available.

Stem Cell Therapy: The Regenexx Protocol

Regenexx Stem Cell therapy makes use of the supply of stem cells available in the body to help repair injured and degenerated tissues. The stem cells are harvested from the hip bone, under ultrasound or fluoroscopic guidance. After the bone marrow blood is drawn, it is processed by hand to concentrate and purify the stem cells.

The stem cells, along with a super concentrated platelet mix, are placed precisely into the injured site to improve the likelihood that stem cells will adhere to the damaged area and promote healing. Concentrated platelets and FDA-cleared adjuvants are injected, 2-5 days later, to keep the stem cells activated and promote rapid healing.

Super Concentrated Platelets

Regenexx SCP therapy is a more advanced version of Platelet Rich Plasma (PRP). SCP stimulates tissue repair by releasing growth factors. These growth factors promote the healing process by attracting the stem cells that repair damaged tissues. SCP intensifies this process by delivering a higher concentration of platelets. The concentrated SCP is injected into and around the point of injury, significantly strengthening the body's natural healing processes.

Because our samples are all hand processed, the SCP sample is free of any contaminating red and white cells, which can inhibit repair. This same process also allows us to customize the concentration and volume for each individual and each injury type.

With Regenexx therapies, there is hope to restore a patient's mobility after a labral tear, without the trauma of surgery.



Patient Education Seminar

ALTERNATIVES TO SURGERY:

Using Your Own Stem Cells to

Please join us for a fun and informative seminar discussing the unique stem cell and blood platelet procedures that StemCell ARTS has to offer.

StemCell ARTS, an affiliate of National Spine and Pain Centers, provides a family of non-surgical, adult stem cell and blood platelet treatments for common injuries and joint conditions. Our procedures increase function, decrease pain and

offer the patient viable alternatives to invasive surgery typically followed by lengthy periods of downtime and painful rehabilitation.

Here's the opportunity to get your questions answered by the area's leading regenerative medicine expert and WASHINGTONIAN Magazine rated Top Doctor. Bring a spouse, other loved one or a friend/colleague. Space is limited.

CONDITIONS THAT MAY RESPOND WELL TO STEM **CELL AND PLATELET PROCEDURES:**

- Knee Pain, Osteoarthritis, Meniscal

 Chronic Back & Neck Pain Tears
- Hip Arthritis, Pain & Labral Tears
- Shoulder Pain & Rotator Cuff **Tendinitis**
- Tennis/Golfer's Elbow
- Achilles Tendinitis
- Foot & Ankle Pain, Plantar Fasciitis
- Sacroiliac Joint Instability

FREE Patient Education Seminars

Chevy Chase, MD TUESDAY, MARCH 10, 2015 6:00 pm to 8:00 pm

"There are other options besides surgery. This has given me a second chance I never thought I'd have."

Mark Stickley, Avid Runner, Knee Pain Sufferer

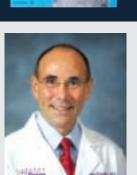
L 301.284.8864 www.StemCellARTS.com

Effective March 2015, Fairfax, VA Office Moving to McLean, VA

3031 Javier Road, Suite 100 Fairfax, VA 22031

1750 Tysons Blvd., Suite 120 McLean, VA 22102

5550 Friendship Blvd., Suite 100 Chevy Chase, MD 20815



Mayo F. Friedlis, MD

Dr. Friedlis is a nationally recognized expert in pain management and of the first doctors in the Washington, DC area to use Stem Cell Therapy. Dr. Friedlis was voted among WASHINGTONIAN's Doctors in Rehabilitation. He is passionate about helping people in pain, whether their problem is simple or complex. Dr. Friedlis is Board Certified in Physical Medicine and Rehabilitation and is a Diplomate of the American Academy Pain Management and the National Board of Medical Examiners.

Village Council Election Guidelines

Election Date: Monday, May 11, 2015

General Provisions

Election of the Friendship Heights Village Council shall be conducted under the guidance of the appropriate provisions of Article 33 of the Maryland Code, Section 66-4 of the Montgomery County Code, and these By-Laws.

Notice of Election

Notice of the election specifying time, requirements, and the procedures for nomination and voting shall be posted on the Hubert H. Humphrey Friendship Park Bulletin Board at least sixty days prior to the election.

Nomination

Nomination shall be by petition, signed by at least ten registered and qualified voters of the Village, and shall be filed at the office of the Council at least five weeks prior to the election (by 5 p.m., Friday, April 3, 2015). Such petition shall include the signature of the candidate indicating willingness to run.

Candidates shall be registered and qualified voters and reside in the Village at the time of the nomination and the election. Any candidate may withdraw his/her petition up to twenty-four hours before the start of the election.

Qualifications for Voting

Any person residing in the Village on the date of the election whose name appears on a list of registered and qualified voters as of two weeks prior to the election, furnished by the Board of Elections of Montgomery County, shall be eligible to vote.

Place of Voting

The polling place or places shall be conveniently located (the Village Center).

Election Officials

Appointment by the Council of the judges and clerks shall be made prior to the election. Assistants may be made available and appointed in a similar fashion. No candidate for Council membership or member of his/her immediate family shall serve as an election official.

Poll Watchers

Poll Watchers appointed by candidates shall be permitted to observe the voting and counting, but shall not interfere in any way with the voting or counting.

Counting of Ballots

Counting shall be conducted by judges and clerks.

Certifying and Reporting of Ballots

The incumbent Mayor shall notify the Montgomery County Council of the election returns, certified by the election judges. Such letter shall be sent by registered mail the day following the election. A copy of this letter shall be retained in the permanent files of the Village.

Absentee Ballots

Any qualified voter shall be entitled to vote as an absentee voter. An application must be received by **Friday, May 1, 2015.** (If you are unable to meet this deadline, call the League of Women Voters representative listed on the absentee ballot application.) Applications for absentee ballots are available at the Village Center and online at www.friendshipheightsmd.gov (click on "Village Council" link). Upon receipt of the application, the Council shall have mailed or

delivered to the voter entitled thereto an absentee ballot.

No candidate for Council membership shall serve as a duly authorized agent for the purpose of submitting a completed absentee ballot application. A qualified voter shall return an absentee ballot by mail, by delivery in person, or by requesting that an election judge or clerk be dispatched to obtain the absentee ballot on the day of the election. The ballot shall be returned to the Council office or other previously designated location. An absentee ballot received after the time for closing of the polls shall not be counted.

Disclosure

All candidates for the Friendship Heights Village Council must indicate agreement with the following requirements: Each candidate for election to the Council must submit two written financial reports to the Village Office—a preliminary report on the Monday preceding election day (**May 4**) and a final report by 5 p.m. on the Friday after election day (**May 15**).

Each report must include the following: 1) a list of all contributors and the amount(s) of their contributions made to the candidate; 2) an itemized list of expenditures made by the candidate on his/her own behalf; 3) a list of all contributors and the amount(s) of their contributions made to another party on behalf of the candidate; and 4) an itemized list of expenditures made by another party on behalf of the candidate.

The data from these reports shall be compiled and posted on the Village bulletin board as soon after receipt as possible. Failure to comply shall disqualify the candidate from assuming office.

PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

- Turn off cell phones Do not take food or drink into the auditorium Arrive on time for all events
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, March 5, 7 p.m. — Movie — Birdman —

Former cinema superhero Riggan Thomson is mounting an ambitious Broadway production that he hopes will breathe new life into his stagnant career. It's risky, but he hopes that his creative gamble will prove that he'not just a washed-up movie star. As opening night approaches, a castmate is injured, forcing Riggan to hire an actor who is guaranteed to shake things up. Stars Michael Keaton and Ed Norton. Rated R. Running Time: 119 minutes.

Thursday, March 12, 7 p.m. — Movie — The Judge

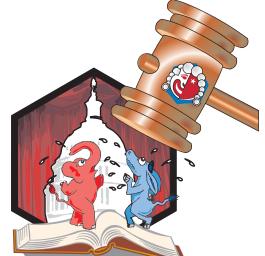
— Big city lawyer Hank Palmer returns to his childhood home where his estranged father, the town's judge, is the only suspect in a fatal hit and run case. Hank sets out to discover the truth and along the way reconnects with his family. Stars Robert Downey Jr. and Robert Duvall. Rated R. Running Time: 141 minutes.

Thursday, March 19, 7 p.m. — Movie — Force Majeure — A critical favorite at the Cannes Film Festival, this psychodrama tells the story of a model Swedish family on a skiing holiday in the French Alps. During a lunch at a mountainside restaurant, an avalanche suddenly bears down on the diners. With people fleeing in all directions and his wife and children in a state of panic, Tomas makes a decision that will shake his marriage to its core and leave him struggling to

Continued on page 14



"The Spoof, the Whole Spoof, And Nothing but the Spoof!"



WEEKENDS, MARCH 13 - 28, 2015

Performances at: **Wilson High School**3950 Chesapeake Street NW, Washington DC 20016

TICKETS: www.hexagon.org

To Benefit:

or call **202-333 SHOW** (7 4 6 9)

The D.C. Employment Justice Center



ART and CULTURE

Washington Water Color Association at Friendship Gallery in March

The Washington Water Color Association returns to the Friendship Gallery this month. The WWCA is one of the oldest societies of professional artists and can trace its beginnings back over 100 years. The society was organized in 1896 and consisted of fifteen artists who held their first exhibit at the Cosmos Club.



This year's show is in honor of the late Sylvia Jackson, past president of WWCA. It will include a special exhibit of paintings by the late Margaret Graham Kranking.

The exhibit runs from March 2 to 28. The public is invited to meet the artists at a reception on **Sunday, March 8, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m., and Saturday and Sunday, 9 a.m. to 2 p.m. Art work in the auditorium is occasionally not available for viewing because of activities in that room. Please check with the front desk receptionist when you arrive.



"Water Play" by Pat Leibowitz and "Hydrangeas at the US Botanic Gardens" by Carol Porter



Friendship Heights Village Center



Calendar of Events 2015

SUNDAY	MONDAY	TUESDAY	R WEDNESDAY	C H	FRIDAY	SATURDAY
9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse	8:15 a.m.: Walking Club 9:15 a.m.: Depart for Baltimore 12 - 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 - 4 p.m.: Suburban Nurse Specialist 3 - 4 p.m.: Tea 7 p.m.: Pilates	10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 4 p.m.: Bidding at Bridge	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Birdman	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement 1 p.m.: Collage and Mixed Media	8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
8 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	9 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: "Stay on Your Feet!" 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Friday Morning Music Club	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: The Judge	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement	8:15 a.m.: Walking Club 9:30 a.m.: Photography fo Children 10:30 a.m.: Basic Photography
9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 4 p.m.: Bridge class, Gerber & Blackwood 7:30 p.m.: Tales in the Village:	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Group 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Force Majeure	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement 2 p.m.: Irish Program and Dance Workshop with Anna Hudson	8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 2 p.m.: Getting to Know Your iPad 3 – 4 p.m.: Tea 7 p.m.: Pilates	10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 4 p.m.: Bridge class, Gerber & Blackwood 7:30 p.m.: Concert: Susan Jones and String of Pearls	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie:Before I Go to Sleep	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement 1 p.m.: Jazz, Blues and Broadway – John Eaton in Concert	28 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
9 a.m.: Yoga with Robin	30 10 a.m.: Great Books	7:30 a.m.: Depart for New York	Katharine	Gibbs and		

9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club

1 p.m.: Strength Training with Tonya

2:30 p.m.: Acrylic or Oil

Painting

New York 8:15 a.m.: Walking Club

9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening

1 p.m.: Balance an Coordination

2-4 p.m.: Suburban Nurse Specialist

2 p.m.: Getting to Know Your iPad 3 – 4 p.m.: Tea

7 p.m.: Pilates

Shuttle bus hours

Monday through Friday Saturday and Sunday



6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

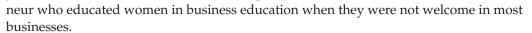
Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. 9 a.m. to 2 p.m. Saturday and Sunday

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Her School

Katharine Gibbs was a 46-year-old widow with no income, two sons to support, and only a high school education when she began her school in 1911. She became CEO of three schools two years before women had the vote, an entrepre-



Rose A. Doherty, a former English faculty member and academic dean at Katharine Gibbs School in Boston and former chair of the board of trustees of Gibbs College, Boston, will discuss her book, Katharine Gibbs: Beyond White Gloves, at the Village Center on Thursday, April 16, at 7:30 p.m.

Please sign up by calling 301-656-2797. Copies of the book will be available for purchase.

Last chance for NY trip

Don't miss the chance to catch two great Broadway shows featuring some of the finest actors of the stage and screen during our overnight trip to New York City on March 31 and April 1.

The trip includes round-trip transportation; one night at the Novotel, overlooking Times Square; breakfast; orchestra tickets to On The Twentieth Century, featuring Kristen Chenoweth and Peter Gallagher, and The Audience, starring Helen Mirren; three-course dinner; guided tour of the 9/11 Museum; and all taxes and gratuities.

The cost is \$775 per person based on double occupancy. The single supplement is \$168. Payment is due at sign up. Sign up immediately at the Village Center.



LASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

> All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

ART AND MUSIC

ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskel, begins April 20. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends July 6 (class will not meet May 25 and June 22).

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskel, begins March 26. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends May 28. Minimum number of students is 10; maximum is 14.

INTRODUCTION TO MUSIC THEORY

A 6-week course designed for

musicians, singers, and listeners who would like to understand why we enjoy music and how we create it. Meets on Tuesdays, from 6 to 7 p,m,, beginning April 14. No previous background is necessary — just a love for music and an interest in its workings. Topics include musical notation, scales, rhythms, key signatures, intervals and understanding basic musical forms. This course will serve as a foundation for those looking to take song writing or composition classes, is helpful for musicians and singers without notation skills to enhance their practice, and listeners looking to understand music at a deeper level. The instructor is Village resident and classical pianist Smriti Hakkarinen. In addition to private lessons, her current projects include recording the cycle of Beethoven sonatas and writing pedagogical compositions for children. Cost is \$75 for residents; \$80 for nonresidents.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins April 15. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is May 20.

BRIDGE

GERBER AND BLACKWOOD

This 5-week series taught by Frank Shull, a life master at bridge, begins March 18. Meets Wednesdays from 4 to 6 p.m. These lessons will show how and when to bid both Gerber and Blackwood conventions and when not to bid. Students will learn the three ingredients of slam bidding; there will be sample hands to bid and play. The maximum number of students is 17. Call Frank with

GetWell Rehabilitation, LLC

orthopedic | neurological | aquatic

Physical Therapy Office

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- ONLY PRIVATE 1:1 SESSIONS with licensed PT
- Massage therapy, therapeutic exercises, balance and gait retraining, visceral mobilization
- Ultrasound, electrical stimulation, and combo
- Aquatic therapy
- Orthopedic injuries, joint replacements
- Neurological disorders (MS, MD, ALS, stroke, dystonia), fibromyalgia, chronic fatigue syndrome
- Focus on hands-on care

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questions at 301-365-7735. The cost is \$88 for residents, \$92 for nonresidents. Session ends April 22 (class will not meet April 8).

COMPUTER EDUCATION

GETTING TO KNOW YOUR IPAD

This two-week session will meet Tuesday, March 24 and 31, from 2 to 3:30 p.m. The classes, taught by TechMoxie, will cover all the basics of iPad navigating settings and apps, and then move into exploring the many amazing things you can do to help get the most out of your iPad. Emphasis on troubleshooting, photographs, camera, FaceTime (video chatting), using mail and the internet, how to find and download great "apps" (many are free!) for learning, photos, music, and streaming video. As each app is different, we will learn navigation techniques that apply to all. Bring your iPad if you have one. Handouts with written instructions will be provided. Maximum of 15 students. Cost is \$40.

IPHONE ABCS

This two-week session will meet Tuesday, April 14 and 21 from 2 to 3:30 p.m. The classes, taught by TechMoxie, will cover what you need to know about your iPhone: making calls, setting up contacts, texting, adjusting settings for volume and brightness. The class will also cover additional functions such as FaceTime (video chatting), taking pictures, writing and recording notes, and adding Apps that will make your iPhone even more fun and useful! Handouts with written instructions will be provided. Bring your iPhone. Maximum of 15 students. Cost is \$40.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 7-week class begins March 3. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$75 for residents; \$80 for nonresidents. Session ends April 14. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE

This 7-week class begins March 4. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$75 for residents; \$80 for nonresidents. Session ends April 15.

MAT PILATES

The 6-week session begins April 21. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from "the inside out" bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. The cost is \$85 for residents and \$90 for nonresidents.

Continued on page 13



Disegno Hair Salon



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- Two new professional stylists: Nila and Maria
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CONCERTS

Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, March 4 — NO CONCERT

Wednesday, March 11 — *Friday Morning Music Club* — The recital features some of the area's most talented young musicians.

Wednesday, March 18 — *Tales in the Village* — This monthly program, produced by Ellouise Schoettler, features local and nationally known storytellers.

Wednesday, March 25 —Susan Jones and String of

Pearls — Multi-talented Susan Jones brings her classical music ensemble to the Village Center in March. Susan has helped to back up dozens of visiting artists (e.g. Dionne Warwick, Aretha Franklin, Robert Plant, Jimmy Page and Stevie Wonder) at venues including: The Kennedy Center, Constitution Hall, the Verizon Center and the Newport Jazz Festival. She has also toured with Barry White. Susan

has mastered styles ranging from classical to jazz, and has performed solo, in duos, trios and as a quartet as well as performing with other like-minded and talented musicians including Latin, Folk-Rock, Country, Klezmer and Mariachi groups, ultimately adding dimension and versatility to her own exhilarating shows.





The Cottage at Curry Manor is a one of a kind Refined Residential Living residence located in the heart of Bethesda. Conceived and developed by Susan Rodgers, RN, founder of Capital City Nurses, The Cottage at Curry Manor is a natural extension of the Capital City Nurses family of companies.

For almost 40 years, Capital City Nurses has been dedicated to providing exceptional care to seniors in their homes. It is recognized in the community for its integrity, credibility and performance. Today, that same Capital City Nurses excellent care is found in its newly established assisted living home, The Cottage at Curry Manor. Call today for a private showing.



The Cottage at Curry Manor has been approved by the State and County as an Assisted Living Facility.

301-365-2582 www.thecottagehomes.com



Classes and Clubs, continued from page 11

Please bring a Pilates/Yoga mat and bath towel. Session ends May 26.

MEMORY AND MOVEMENT

This 6-week class begins April 17. Meets Fridays, from 10:30 to 11:30 a.m. Taught by Cheryl Clark, the class will help your short-term memory and balance. The exercises are specially designed to target brain health as well as physical strength. Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. The cost is \$65 for residents; \$70 for nonresidents. Session ends May 22.

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins April 9. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends May 14. For more information go to skyvalleytaiji.com.

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins March 10. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends April 14.

STRENGTH TRAINING WITH TONYA

This 7-week class begins March 16. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$75 for residents; \$80 for nonresidents. Session ends May 4 (class will not meet April 13).

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

Continued on page 15

For Sale in the Somerset Community







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Cafe Muse presents...

This month's Café Muse, on **Monday, March 2, at 7 p.m.,** features poets Le Hinton and Susan Sonde.

Le Hinton is the author of five poetry collections including, most recently, *The Language of Moisture and Light*. His work has been widely published and can be found in *The Best American Poetry 2014*, *Little Patuxent Review*, the *Baltimore Review*, as well as outside Clipper Magazine Stadium in Lancaster, Pa., incorporated into Derek Parker's sculpture *Common Thread*. He has read his work at the Library of Congress for Grace Cavalieri's long running series, *The Poet and the Poem* Penn State University for the Pennsylvania Center for the Book's Public Poetry Project and, in New York City at the New School for The Best American Poetry 2014 release reading. He is the founder and coeditor of the poetry journal, *Fledgling Rag*.

Susan Sonde is the author of three poetry collections, the most recent of which is *Drumming on Water*. Her poems have appeared in many journals including *The Southern Humanities Review, Puerto del Sol,* and *The Cimarron Review*. She is a two-time finalist for The Gordon Barber Memorial Award from the Poetry Society of America and a recipient of The Beulah Rose Poetry Prize.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 35 years. For more information visit www.wordworksdc.com.

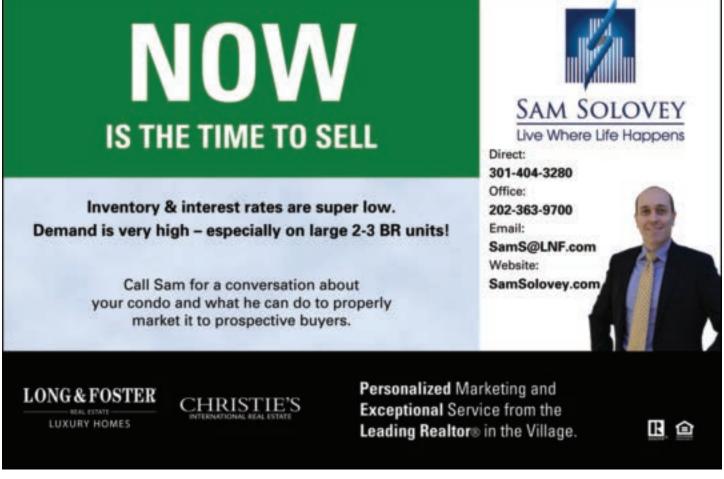
Next month's Café Muse will take place April 6. The poets will be Kim Roberts and Gary Stein.

Movies, continued from page 6

reclaim his role as family patriarch. Rated R. Running Time: 118 minutes.

Thursday, March 26, 7 p.m. — Movie — Before I Go to Sleep — A woman wakes up every day with no memory as the result of a traumatic accident in her past. One day, terrifying new truths begin to emerge that make her question everything she thinks she knows about her life — as well as everyone in it. Stars Nicole Kidman, Colin Firth and Mark Strong. Rated R. Running Time: 92 minutes.

Last month's Village Book Club meeting was canceled due to snow. The group will meet this month on **Tuesday, March 17, at 11 a.m.** and discuss February's selection, *Incendiary* by Chris Cleave. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."



Classes and Clubs, continued from page 13

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

VILLAGE PLAY TIME

Children of all ages are welcome to play together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accom-

panied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

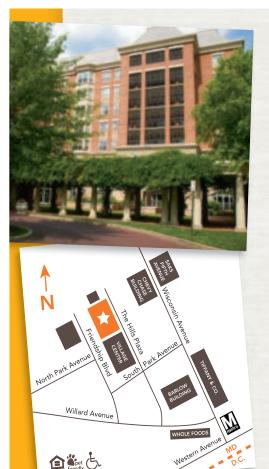
WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.





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Village Council Corner

Shredding Truck to return on May 5

Shred-it will be back on **Tuesday, May 5.** The truck will park on Friendship Blvd. next to the Village Center from 5 to 7 p.m. Residents are invited to bring paper materials for shredding.

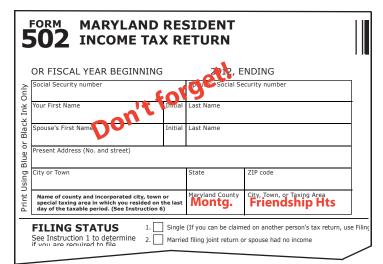


This service is for Village residents only.

The Village has offered this amenity since 2007. It was originally suggested by Council Chairman Maurice Trebach, who passed away last year. Look for the next shredding date in the fall.

Other Council actions at the February 9 meeting:

- Held public hearing on proposed FY 2016 operating budget (second hearing will be held on March 9);
- Approved proposal from League of Women Voters to run 2015 Village Council election.
- Authorized staff to post Council meeting minutes on Village website.



When you file your Maryland income tax return, please remember to put Friendship Heights under "City, Town or Taxing Area" to ensure the Village receives our share of the state income tax.

Elizabeth Harris nominated for TMD



The Council nominated Council member Elizabeth Harris to serve on the Friendship Heights Transportation Management District (TMD) Advisory Committee, replacing Rachael Schacherer. Her nomination has gone to the County Executive for confirmation.



Friendship Heights Village Center 4433 South Park Avenue Chevy Chase, Maryland 20815



Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

March 2015 events calendar